



STUDIO 2



Updated
4/24/2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:45 – 6:30 SPINNING [Erin]		5:45 – 6:30 SPINNING [Jessica]		5:45 – 6:30 SPINNING [Kerri]	8:30-9:15 SPINNING [Liz/Debbie]	
MID-DAY		11:30-12:15 SPINNING [Rai]	11:30 – 12:30 SPIN/MUSCLE JAM (30/30) [Kerri]	11:30-12:15 SPINNING [Erin/Richard]			1:00-2:00 ZEN SPIN [George/Kerri]
		4:30-5:15 SPINNING [Kerri]		4:30-5:15 SPINNING [Jessica]			
	5:30-6:15 SPINNING [George]		5:30-6:15 SPINNING [Kimberly]				
EVENING							
		6:00-6:45 SPINNING [Liz]				<div>**Schedule subject to change without notice. **Instructors are Group Exercise and CPR/AED certified</div>	